

A Naturopathic Approach to Weight Management

MH MICHAEL'S® HEALTH NATUROPATHIC PROGRAMS SINCE 1984

The key considerations with weight management are the following: first, the metabolic rate of the body. The body can become overwhelmed when there is too much food coming in. If the metabolic rate is low the fuel accumulates. This causes weight buildup.

The second aspect is stress which many people deal with on a daily basis. Stress affects the mineral status of the blood stream. Stress affects calcium (and, to an extent, magnesium and zinc, also). Effects on calcium can create an imbalance between sodium and potassium.

Last, but not least, is the excess fuel in the system. Excess fuel can be empty calories (refined sugars, junk food, etc.) or normal amounts of fuel (3 meals a day, standard diet) but little exercise or movement. Below are three naturopathic programs that are designed to support the body in its efforts toward maintaining proper weight.

THYROID FACTORS™ supports the metabolic rate by providing those nutrients essential for the proper functioning of the thyroid.

WATER BALANCE FACTORS™, which Michael created for his mother, contains the nutrients essential to maintain proper water content within and outside of the cells.

FAT METABOLISM FACTORS™ is designed to provide the body with lipotropic nutrients such as choline, inositol and methionine which support the body in metabolizing fat.

All of **MICHAEL'S®** products have a 100% satisfaction guarantee.

Thyroid Factors™

The thyroid is a powerful gland that performs its functions through production of the thyroid hormones, thyroxin (T4) and triiodothyronine (T3). The thyroid works in close association with the hypothalamus and pituitary glands. The action of the thyroid is seen in these areas:

Metabolism, energy use, protein production and the impact on other hormones.

Specific nutrients, provided in the formula, support the health of the thyroid and the production of the hormones T3 and T4:

Iodine is a component of T3 and T4 – provided by the sea vegetables **Kelp** and **Irish Moss**.

L-Tyrosine is a structural part of both T3 and T4.

Manganese is required for T4 production.

Chromium for energy metabolism.



Supplement Facts		
Serving Size	Three (3) Veggie Capsules	
Amount Per Serving	% Daily Value	
Vitamin B6 (as Pyridoxine Hydrochloride)	75 mg	4412%
Iodine (from Kelp)	225 mcg	150%
Manganese (as Manganese Amino Acid Chelate)	11 mg	478%
Chromium (as Chromium Polynicotinate**)	300 mcg	857%
Proprietary Blend	600 mg	*
Gentian Root (<i>Gentiana lutea</i>), Irish Moss (Whole Plant) (<i>Chondrus crispus</i>) and L-Tyrosine		

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Hypromellose (Capsule) and Leucine

**ChromEMate® is a Lonza trademark.

CHROMEMATE®

CAUTION: KEEP OUT OF REACH OF CHILDREN. Not to be taken by pregnant or lactating women.

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6003 RANDOLPH BLVD
SAN ANTONIO, TEXAS 78233
Consumer Information Services
Voice Mail: 800-845-2730
www.michaelshealth.com

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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SINCE 1984

Fat Metabolism Factors™

Ideal for weight management

Nutrients for metabolism of fats

Choline and **inositol** – both are lipotropics.

Lecithin – emulsifies fat; binds to fat for elimination.

Vitamin B6 supports metabolism, digestion, and the release of stored energy through the conversion of glycogen to glucose in the liver.

Energy support

Iodine, Sea Wrack and **Chromium** – *iodine* for the thyroid. *Sea wrack* (a seaweed) a source of iodine and *chromium* for carbohydrate metabolism.

Guggul Gum has antioxidant properties; traditionally used to enhance metabolism through support of the thyroid gland.

Appetite support

Phenylalanine – An amino acid that stimulates CCK (cholecystokinin) which tells the brain that hunger is satiated.

Water Balance

Vitamin B6, Potassium both help body maintain proper fluid balance.



Water Balance Factors™

An additional component for weight maintenance plans, this formula is a combination of nutrients that supports proper weight by helping to balance fluid levels in the body. The formula provides nutrients in meaningful amounts that also address the kidneys, which are responsible for maintaining fluid levels. As our filters, the kidneys must be functioning properly for fluids and toxins to be properly removed from the body.



For fluid balance:

Corn Silk, Buchu Leaf, Uva Ursi – herbs traditionally used for their mild water balancing properties.

Potassium – for a better balance with sodium.

Vitamin B6 – supports the balance of sodium and potassium.

For kidney support:

Elder Flower, Hydrangea, Parsley, Uva Ursi – traditional herbs.

Watermelon seeds – a traditional fluid balancing food.

S u p p l e m e n t F a c t s		
Serving Size	Three (3) Tablets	
Amount Per Serving	% Daily Value	
Vitamin B6 (as Pyridoxine Hydrochloride)	100 mg	5882%
Choline (as Choline Bitartrate)	200 mg	36%
Iodine (from Kelp)	225 mcg	150%
Chromium (as Chromium Polynicotinate**)	200 mcg	571%
Potassium (as Potassium Amino Acid Chelate)	99 mg	2%
Proprietary Blend	1 g (1000 mg)	*
Lecithin (from Sunflower), Inositol, Guggul Gum*** (from <i>Commiphora mukul</i>) (2.5% Guggulsterones) and L-Phenylalanine		
*Daily Value not established.		

OTHER INGREDIENTS: Dicalcium Phosphate, Microcrystalline Cellulose, Stearic Acid, Modified Cellulose Gum, Vegetable Magnesium Stearate, Silicon Dioxide and Pharmaceutical Glaze (Shellac, Povidone).

**ChromeMate® is a Lonza trademark.

CHROME MATE®

***Gugulipid® is a Trademark of Sabinsa Corp.

CAUTION: KEEP OUT OF REACH OF CHILDREN. Contains phenylalanine and should be avoided by phenylketonurics and women who are pregnant or lactating.

S u p p l e m e n t F a c t s		
Serving Size	Three (3) Tablets	
Amount Per Serving	% Daily Value	
Vitamin B6 (as Pyridoxine Hydrochloride)	150 mg	8824%
Potassium (as Potassium Citrate)	210 mg	4%
Proprietary Blend	2.7 g (2700 mg)	*
Corn Silk (<i>Zea mays</i>), Buchu Leaf (<i>Barosma betulina</i>), American Elder Flower (<i>Sambucus nigra canadensis</i>), Hydrangea Root (<i>Hydrangea arborescens</i>), Uva Ursi Leaf (<i>Arctostaphylos uva ursi</i>), Parsley Leaf (<i>Petroselinum crispum</i>) and Watermelon Seed (<i>Citrullus vulgaris</i>)		
*Daily Value not established.		

OTHER INGREDIENTS: Microcrystalline Cellulose, Stearic Acid, Dicalcium Phosphate, Modified Cellulose Gum, Vegetable Magnesium Stearate, Silicon Dioxide and Pharmaceutical Glaze (Shellac, Povidone)

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